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Charleston, WV 25302
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August 2024
Volume 2, Issue 8

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Family Caregiver Respite Program

At Kanawha Valley Senior Services we understand that just going to a grocery store or pharmacy can be like a mini-vacation when caring for a loved one, particularly if they have a form of dementia. Our Family Caregiver Respite Program includes services that give relief to unpaid caregivers whether family member or friends. KVSS offers both onsite group care (Our Place) as well as in-home care through the FAIR (Family Alzheimer's In-Home Respite) Program and the Older Americans Act.

“Our Place” is a social model program and one of the few certified as a Best Friends Environment. This environment emphasizes stimulating the whole person, cognitively, physically, and socially. Staff share meals, music, exercise, dance, laughter and reminiscing designed for socialization and life enrichment!

In Home Respite is support delivered in the home setting that provides a brief period of relief for unpaid caregivers. Trained staff provide socialization, activities and companionship for your loved one. Activity plans are developed individually based on interest and abilities.

If you would like more information about In Home Respite or to schedule a tour of Our Place please call 304-348-0707 x 305. The center is open Monday through Friday from 8:30 AM to 3:30 PM.



**PLEASE DONATE TO
KVSS BY USING YOUR
KROGER CARD!**

A DIGITAL ACCOUNT IS
NEEDED TO PARTICI-
PATE IN KROGER COM-
MUNITY REWARDS.

If you already have a
digital account, simply
link your Shopper's Card
to your account so that
all transactions apply
toward KVSS!

Check out our website at <https://kvss.org/>

Find us on Facebook @
[KanawhaValleySeniorServices](https://www.facebook.com/KanawhaValleySeniorServices)





STATE HEALTH INSURANCE ASSISTANCE PROGRAM AND SENIOR MEDICARE PATROL

Kanawha Valley Senior Services has trained SHIP and SMP Counselors on staff to help with Medicare enrollment, Medicare Savings Programs, Extra Help, fraud, drug & advantage plan comparisons and general questions about Medicare. Call 304-348-0707 and ask for a Social Service Representative in your area.

Medicare Notes: Insurance Marketing and Medicare

Beginning in October, you will likely start receiving mail from different insurance companies about the plans they offer. You can use this marketing information to compare your options. Although companies can send you mailings, you should know that they must follow certain rules when marketing their plans.

Some examples of marketing violations include:

- ⇒ A plan cannot use language that suggests their plan is preferred by Medicare
- ⇒ A plan cannot call or email you if you did not ask them to do so
- ⇒ A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you

If you think you have experienced marketing violations, you should report it. Keep any documented proof, such as an agent's business card, marketing materials, emails, or phone call records. You can report marketing violations to 1-800-MEDICARE or our SHIP and SMP counselors who can explain the government's marketing rules, help you review the incident, and report it to the correct authorities, if needed.

Stuffed Carnival Squash

Prepare the squash for roasting. Arrange a rack in the middle position of the oven and heat to 375°F. Cut the squash in half from stem to base. Scoop out the seeds. Brush the flesh with BBQ sauce and season with salt and pepper



2 Carnival Squash, cut from stem to base, seeds removed

2 tablespoons BBQ sauce, divided (optional)

$\frac{1}{4}$ teaspoon sea salt for seasoning (or to taste)

$\frac{1}{2}$ teaspoon cracked black pepper for seasoning (or to taste)

2 teaspoons avocado oil, divided (or other neutral oil of choice)

1 medium yellow onion, small diced

1 pinch Himalayan salt for seasoning (or to taste)

1 pound ground meat of choice

$\frac{1}{2}$ cup baby carrots, chopped

1 tablespoon tomato paste

1 teaspoon Worcestershire sauce

1 clove garlic, minced

3 cups low sodium vegetable broth

$\frac{1}{2}$ teaspoon dry thyme leaves

2 bay leaves

- * Line a rimmed baking sheet with parchment paper, and place the squash cut side down. Bake for 30-50 minutes (until soft and tender when poked with a fork or paring knife). The time can vary depending on the size of squash.
- * Preheat a large high rimmed pan or skillet over medium high heat. Add 1 tsp oil.
- * Once oil is shimmering, add onions and carrots. Season with a pinch of salt. Cook until beginning to turn translucent - around 2-3 minutes, stirring occasionally. Remove from pan.
- * Prepare your lamb mince. Instead of breaking it up right away, before adding it to the pan pat dry on both sides, then season mince with a pinch of salt and pepper on both sides (feel free to be generous with the pepper)
- * Turn up the heat on the stove to medium high. Add remaining tsp of oil and allow to shimmer. Add your lamb mince. Don't break it up. Sear both sides as if you were making a giant pan fried hamburger. (About 2 minutes a side)
- * Once you see some nice color on the mince, break it up and cook until no longer pink. Around 8 minutes. Drain excess fat.
- * Clear a small spot in the pan and add your tomato paste and Worcestershire sauce. Allow to cook for 30 seconds before adding garlic and combining thoroughly into the mince.
- * Add the carrot and onion mixture back to the pan with the mince. Then add stock. Stir to combine and bring to a boil.
- * Reduce heat to medium-low, so your mince mixture is gently simmering. Add bay leaves and thyme. Allow to simmer until mixture thickens and carrots are tender. About 10 minutes.
- * Once squash is cooked, remove pan from oven and carefully flip over each squash. Divide and carefully scoop mince mix into the centers of the halved squash. Pile it up as you like. Brush squash with HP once more.
- * Brush with Bake for 15-20 minutes or until hp has caramelized on top of the surface of the squash.
- * Remove from oven, let stand for 5-10 minutes before serving. Enjoy!

USDA Farmer's Market Vouchers

It is official! KVSS is out of USDA "Veggie Vouchers." Our group of Social Service Representatives really outdid themselves this year distributing 1,691 vouchers across Kanawha County. **Vouchers expire on October 31st.** In preparation for next year below are some tips:

- ◆ Read the application carefully.
- ◆ You must be age 60 years old and up.
- ◆ Valid ID may not be expired. Check your ID before going to a pick-up site.
- ◆ If the ID has a different address than the county you live in, bring proof of your correct address.
- ◆ We are only allowed to distribute for persons that live in Kanawha County.
- ◆ You may use the vouchers in any county market location.
- ◆ If picking up for someone else but sure to have their ID, your ID and a note signed by them.
- ◆ USDA allows a person one voucher per year.
- ◆ Please remember to be kind and considerate. Our team collects information required by the USDA and KVSS is responsible for voucher tracking. We do not receive any special funding to provide this service.
- ◆ SEE YOU NEXT YEAR!



VEGGIE MARKET LOCATIONS IN KANAWHA COUNTY

Capitol Market
800 Smith Street, Charleston
Monday – Saturday 9a-5p

DNS Farms
St. Albans Welcome Sign
Thursdays, Fridays & Saturdays 10a-6p

Gritt's Farm
St. Albans Roadside Gateway Plaza
Monday – Saturday 9a-5p

St. Albans Farmers Market
First Presby Church Parking Lot
201 Kanawha Terrace
Saturdays 9:30a-12p
Closed after September

DNS Farms
Park & Ride, Elkview
Monday – Saturday 9a-5p
Sundays 12P-5p

DNS Farms
Smithers in front of Valley School
Tuesday – Saturday 10a-5p

Stinger Produce Market
16 Archibald Dr, Institute
Thursday and Friday 10a-6p
Sundays 12p-5p

CARNIVAL DAY

Friday, August 30

10 AM — 2 PM

**Join us for a fun day filled with games, prizes and a favorite
carnival treat.**



CARNIVAL

WORD SEARCH



Solve the following puzzle by finding all the hidden words!



- CLOWN
- MERRY GO ROUND
- CARNIVAL
- ATTRACTIONS
- FOOD
- FUNFAIR
- POPULAR
- DANCING
- ROLLER COASTER
- COTTON CANDY
- MASKS
- GAMES
- PARADE
- ENTERTAINMENT
- FESTIVAL
- FERRIS WHEEL



NEWSLETTER AD

SPACE

AVAILABLE!

SIZE 3 X 4

CALL ERIN TODAY!

304-348-0707

KVSS ACTIVITIES

Craft Class

Every 2nd Friday of the month
10:00 am

Bingo

Every 3rd Wednesday of the month
10:30 am

Sitting Fit

Every Monday and Thursday
11:00 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays
2:45 pm Beginners Tuesdays and Thursdays

ZUMBA FOR SENIORS

1:30 pm Wednesdays and Fridays



August 2024

Kanawha Valley Senior Services, Inc.
1710 Pennsylvania Ave.
Charleston, WV 25302

MENU

Income	Donate	Sites	Phone
\$0-\$600	\$2.00	CANS	304-342-4476
\$601-\$800	\$2.50	Chesapeake	304-949-5797
\$801-\$1000	\$3.00	Clendenin	304-548-4192
\$1001-\$1200	\$4.00	Elk River	304-965-3175
\$1201-\$1400	\$5.00	Hansford	304-722-6949
Over \$1400	\$6.30	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Charleston Site Lunch Served 11:45 – 12:45			Navy Beans w/Ham Potatoes O'Brian Greens Applesauce	1 Sloppy Joe Coleslaw Baked Beans Mandarin Oranges 2
Ham 5 Mashed Potatoes Broccoli Roll Peaches	Meatloaf 6 Mashed Potatoes Mixed Greens Roll Pears	Bacon Cheeseburger 7 Baked Beans Sweet Potato Fries Orange	Bone in Chicken 8 Scalloped Potatoes Succotash Roll Mixed Fruit	Chicken Teriyaki 9 Rice Peas and Carrots Pineapple
Biscuit-N-Gravy 12 Sausage / Egg Potatoes O'Brian Cooked Apples	Rib Sandwich 13 Mac n Cheese Coleslaw Brussel Sprouts Pears	Tuna Salad w/Romaine 14 Lettuce and Crackers 3 Bean Salad Beets Banana	Potato Crusted Pollock 15 Broccoli w/ Cheese Carrots Applesauce	Country Fried Steak 16 Mashed Potatoes Peas Roll Peaches
Chicken Tenders 19 Scalloped Potatoes Baked Beans Mixed Fruit	COOK'S CHOICE 20	Chicken Salad Sandwich 21 Pasta Salad Cucumber Onion Salad Oranges	Salisbury Steak 22 Mashed Potatoes Peas Roll Peaches	Spaghetti w/Meat Sauce 23 Broccoli Garlic Bread Applesauce
Corn Dog 26 Baked Beans Tater Wedges Apples	Italian Chicken 27 Rice w/Peppers & Onions Brussel Sprouts Peaches	Tacos 28 Refried Beans Rice Mixed Fruit	Cowboy Beans 29 Fried Potatoes Corn Bread Greens Cooked Apples	Pork BBQ 30 Sweet Potato Fries California Vegetables Oranges Birthday Cake

KVSS nutrition site meals are served with milk or water. The Senior Nutrition Program is operated under a Federal Grant for persons aged 60 and over. This grant does not cover the cost of the meals, so donations are appreciated. All participants must have a completed Service Assessment Form to participate in this meal program. If you have any questions, please call 304-348-0707.



August 2024
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES</p>		<p align="center">DONATIONS ARE GREATLY APPRECIATED</p>	<p align="right">1</p> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">2</p> 11:45 Lunch 12:30 Cooking For One <p align="center">NO ZUMBA</p>
<p align="right">5</p> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<p align="right">6</p> 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">7</p> 11:45 Lunch 1:30 ZUMBA	<p align="right">8</p> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">9</p> 10:00 Craft Class 11:45 Lunch 12:30 Cooking For One <p align="center">NO ZUMBA</p>
<p align="right">12</p> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<p align="right">13</p> 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">14</p> 11:45 Lunch 1:30 ZUMBA	<p align="right">15</p> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">16</p> 11:45 Lunch 12:30 Cooking For One <p align="center">NO ZUMBA</p>
<p align="right">19</p> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<p align="right">20</p> 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">21</p> 10:30 BINGO w/ The Besties 11:45 Lunch 12:00 Chronic Pain Relief Lunch & Learn <p align="center">NO ZUMBA</p>	<p align="right">22</p> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">23</p> 11:45 Lunch 12:30 Cooking For One 1:30 ZUMBA
<p align="right">26</p> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<p align="right">27</p> 10:00 Matter of Balance 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">28</p> 11:45 Lunch 1:30 ZUMBA	<p align="right">29</p> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	<p align="right">30</p> 10:00 – 2:00 <p align="center">CARNIVAL DAY</p> 11:45 Lunch <p align="center">NO ZUMBA</p>



BINGO with the Besties
 Wednesday, August 21 @
 10:30 AM



Craft Class
 Swirl Beads
 Friday, August 9 @
 10:00 AM



Wednesday, August 21 @
 Noon
 "Chronic Pain Relief"



Hospice, Palliative Care and Grief Support...
 (304) 768-8523 or (800) 560-8523 www.hospicecarewv.org

HospiceCare
 for body mind and spirit

Charleston
 1606 Kanawha Blvd., West
 Charleston, WV 25387-2536
 (304) 768-8523 / (800) 560-8523

Lewisburg
 1265 Maplewood Avenue
 Lewisburg, WV 24901
 (304) 645-2700 / (800) 237-0842

Boone • Braxton • Clay • Fayette • Greenbrier • Jackson • Kanawha • Lincoln • Mason • Monroe • Nicholas • Pocahontas • Putnam • Roane • Summers • Webster

Kanawha Valley Senior Services Newsletter Advertising Sale

"Helping Seniors Age Successfully"

Kanawha Valley Senior Services

1710 Pennsylvania
Avenue

Charleston, WV
25302-3934

T: 304-348-0707

F: 304-348-6432



KVSS is a non-profit 501(c)3 organization created to provide programs of service to individuals age 60 and up in Kanawha County, West Virginia. The mission of KVSS is "Helping Seniors Age Successfully."

Programs range from assisting seniors and veterans in their home, to home delivered meals, congregate meals, Adult Day Respite Center, in home respite services, transportation, socialization and an ever-growing array of senior activities such as Tai Chi, Zumba, Sitting Fit, painting, and Lunch and Leams.

KVSS coordinates and cooperates with federal, state and county agencies to assure that health, educational, recreational, intergenerational and economic benefits are readily available to seniors.

PRICING

**BLACK AND WHITE AD PRINT
ELECTRONIC APPEARS IN COLOR**

FULL PAGE	11 X 10	\$1000
HALF PAGE	11 X 5	\$500
1/4 PAGE	5.5 X 5	\$300
1/8 PAGE	2.75 X 5	\$150

Please Contact Erin Martin at: emartin@kvssmail.org

PHONE: 304-348-0707

FAX: 304-348-6432

E-MAIL: INFO@KVSS.ORG

Kanawha Valley Senior Services offers assistance to anyone age 60 and over in Kanawha County.

- ◆ Congregate Meals throughout Kanawha County
- ◆ Transportation to medical appointments and grocery store
- ◆ Dementia respite in center and in home care
- ◆ Home delivered meals for homebound
- ◆ In home care
- ◆ Social service assistance and referrals

DO YOU NEED A RIDE TO THE GROCERY STORE? WE ARE NOW PROVIDING TRIPS ON MOST WEDNESDAYS. PLEASE CALL AHEAD TO TRANSPORTATION AT 304-348-0726 TO SIGN UP FOR UPCOMING TRIPS!

SUGGESTED DONATION IS \$5.00 ROUNDTrip

NOW HIRING

KVSS JOB OPENING
Caregiver Kanawha County Many Areas
Ask about sign on bonus

KVSS Management Team: Executive Director, Melanie Hirst, Finance Manager, Vicki Stanley and Executive Assistant, Erin Martin

KVSS Board Members: Jack Rogers-President, Steven Dale-Vice President, Harriet Nottingham-Secretary, Chris Rawlings-Treasurer, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell, Bill Coyle, Mike Adkins, and Kay Goodwin

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